



# Mango and Blackeye Pea Salsa

*Serve with grilled fish or chicken.*



## INGREDIENTS

- |   |                            |
|---|----------------------------|
| 1 (15½-ounce) can blackeye peas, drained and rinsed | 1 tablespoon vegetable oil |
| 1½ tomatoes, finely chopped                         | 1 tablespoon white vinegar |
| 1 mango, peeled and finely chopped                  | juice of half a lime       |
| 2 green onions, chopped                             | 1 teaspoon ground cumin    |
|   | ½ teaspoon garlic powder   |

## PREPARATION

1. In a large bowl, combine all ingredients and mix well.
2. Serve immediately or cover and refrigerate for up to 4 hours to allow the flavors to blend.
3. Serve with baked pita or corn chips.



**Makes 10 servings.** ½ cup per serving.

**Prep time:** 15 minutes

*Nutrition information per serving:* Calories 83, Carbohydrate 14 g,  
Dietary Fiber 3 g, Protein 4 g, Total Fat 2 g, Saturated Fat 0 g,  
Trans Fat 0 g, Cholesterol 0 mg, Sodium 108 mg